



4 Supersets to Grow Your Chest to Colossal Proportions

This workout is a series of 4 supersets, each with 3 exercises. In each superset the 3 exercises are to be performed back to back with minimal to no rest in between. To completely fatigue the muscle it is suggested to perform three sets of the full routine with the following rep range(s):

- Set #1 - 15 reps to failure
- Set #2 - 12 reps to failure
- Set # 3- 10 reps to failure (optional 1 increment drop set)

Supplementation

- Pre-Workout - 1 scoop **MUSCLEPRIME**
- Intra-Workout - 1 scoop **AMINOCORE** + 1 scoop **CARBION**
- Post-Workout - 1 scoop **ISOFLEX** + 1 tsp (5g) **Glutamine**

The Workout Plan

NOTE: s/w = superset with

Superset #1: Mid Pec Primer

Flat Bench Press s/w Flat Bench Dumbbell Flyes s/w Flat Bench Dumbbell Narrow Press

Superset #2: Upper Chest Blast

Incline Barbell Press s/w Incline Dumbbell Flyes s/w Incline Dumbbell Narrow Press

Superset #3: The Money Set

Dips (weighted) s/w Pec Deck Flyes (shoulder height) s/w Pec Deck Flyes (chest height)

Superset #4: The Finisher

Cable Flyes (low position) s/w Cable Flyes (shoulder height) Cable Flyes s/w (high position)

WARNING: This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.